



# Pumpkin Soft Bread

## 日式南瓜軟麵包

Difficulty 難易度	Basic 初級
Qty 麵包數量	6
Kneading 搓揉方式	Kitchen Machine 廚師機
Day Before 一天前	10 mins 分鐘
On the day 當天製作	60 mins 分鐘 + waiting time 等待時間: 90 mins

### 主麵糰

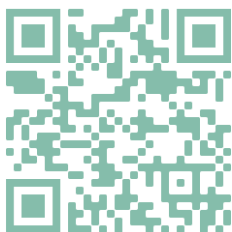
 Bread Flour 高筋麵粉 Nissin 日清 SuperKing Protein 蛋白質 13.5% 210g	 Dark Rye 黑麥幼麵粉 (Bob's Red Mill) 25g	 Salt 鹽 4.5g	 Sugar 糖 20g	 Fresh Yeast 新鮮酵母 5g
 Milk 牛奶 150g	 Mashed pumpkin* 新鮮南瓜蓉 40g	 Butter 牛油 12g		

### 內餡 / 其他材料、工具

 Mashed pumpkin* 新鮮南瓜蓉 80g	 Olive oil 橄欖油 2 tbsp	 Pumpkin Seeds 南瓜籽 6粒
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Cotton twine  
煮食用綿繩  
680cm (85cm x8)

\* Mashed pumpkin is made from around 200-250g of pumpkin  
新鮮南瓜蓉由200-250g 南瓜蒸軟取得



BREAD CLOUD  
studio



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### Video Time 影片時刻

可參考製作老種片段  
Refer to Old Dough video

00:30

01:45

04:45

06:05

07:20

08:20

08:40

### Steps 製作步驟

- 01 **Day Before 製作前一天:**  
Prepare old dough 製作老種
- 02 Cut 150-200g pumpkin into 2-3cm slices. Steam for 10 mins with skin on. Let cool & remove skin. Take ~40g & mash with spoon & sieve (for dough). Save the rest ~80g for fillings.  
將南瓜切成數片，約 2-3cm 厚，連皮蒸約 10 分鐘，放涼去皮，取其中 40g 用匙過篩壓成蓉以放入麵糰，其餘約 80g 留作做餡，備用。
- 03 Mix the following ingredients 將材料依次放入廚師機:
 

Time 實際搓揉時間	Ingredient 材料	Speed 速度
~0 min	Add 2 kinds of flour, sugar, salt & fresh yeast 加入 2 種麵粉、糖、鹽、酵母	
~0-1 <sup>st</sup> min	Add milk 加入奶	Low → Medium high 低速 → 中高速 #1,2,3
~2-4 <sup>th</sup> min	Mashed pumpkin 新鮮南瓜蓉	Medium high 中高速 #3
~10-12 <sup>th</sup> min	Butter 牛油	Medium high 中高速 #3
~17-18 <sup>th</sup> min	OK~~!	Medium high 中高速 #3

**Total kneading time : ~18 mins. Ideal dough temperature : 25-27°C**  
總時間 18 分鐘，按麵糰情況及手搓技巧作調整。理想麵糰溫度約為 25-27°C
- 04 Roll the dough round, cover, and let proof for 40-45 mins at 28-30°C  
把麵糰修圓、蓋好，進行第一次發酵約 40-45 分鐘(約 28-30°C)
- 05 Divide dough into 8 portions (55-60g each), roll doughs round, cover and let rest for 10-15mins  
把麵糰平均分為約 55-60g x 6 份，輕輕滾圓、蓋好，靜置發酵約 10-15 分鐘
- 06 Cut the cotton twine into 8 segments (85cm each). Soak with olive oil.  
棉繩剪成 8 條(各 85cm 長)，用橄欖油浸透
- 07 Take ~80g pumpkin & press into paste  
取 80g 南瓜餡壓成蓉
- 08 With seam side up, gently press dough into a round disc. Put 10g of filling over it. Fold the edge upward to wrap the filling. Roll doughs round & put the doughs on a lined baking tray with seam facing down  
把麵團收口向上，壓成圓形，加約 10g 南瓜蓉，包好，再在枱上輕輕滾圓收圓，收口向下放到焗盤

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10:30

- 09 Put a piece of cotton twine on counter. Place a dough over it with seam side up. Tie the twine around the dough slightly via the centre and repeat 3 times after turning the dough. Make a knot to secure. Cut off leftover twine. Put doughs on a lined baking tray with the knot up.

棉繩放枱上，麵糰收口朝上放在棉繩中間，把棉繩十字交叉輕輕網著麵糰，反轉，重覆3次，打結，剪去多餘的繩。繩結向上放焗盤上

12:00

- 10 Let proof for 30 mins at about 33-35°C, 80-90%  
進行最後發酵約30分鐘 (溫度約33-35°C · 濕度80-90%)

12:15

- 11 Take out fermented dough, preheat convection oven to 175°C  
取出發酵的麵糰，預熱焗爐(熱風模式)至175°C

12:30

- 12 Bake for 11-12 mins at 175°C (Rotate the tray and swap to ensure even baking at the last 3 mins).  
以 175°C焗約11-12分鐘 (可於剩下約3分鐘時把焗盤前後回轉)

12:45

- 13 Let cool, cut off the cotton twine. Insert a pumpkin seed on top of the bun.  
放涼後取去棉繩，在頂插上南瓜籽